



Ponithafren's Wellness & Recovery Learning Centre, Welshpool

WHAT'S ON?

OPEN TO ALL • PLEASE CALL IN

Ponithafren Association is an organisation for people with Mental Health issues or those who are socially isolated or excluded.

We have Centres in Newtown & Welshpool, plus a weekly group in Llanidloes.

May 2016
until
Aug' 2016
Issue 1

MONDAY

Art Group

11:00am - 1:00pm

Learn Direct Drop-In Sessions

2:00pm - 4:00pm

Improve your job prospects, learn new skills, discover a passion, achieve qualifications or improve your skills & confidence.



TUESDAY

Closed until further notice.

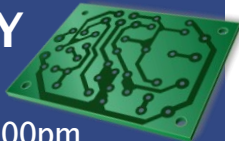
WEDNESDAY

Hobby Electronics Group

1:00pm - 3:00pm

Monthly Member's Meetings

Times vary from 11:00am
Our members input is extremely important to the way the Association is run. Do have a suggestion for a course or group. Come along and let us know.



THURSDAY

Knit and Natter Group

10:00am - 11:00am

ESOL - English for Speakers of Other Languages Course

10:00am - 12:00pm

Improve Your English skills in this warm friendly group.

Wellness Workshops

10:00am - 3:00pm

Starting on Thursday 2nd June 2016 and continuing weekly thereafter for 6 weeks. The theme will vary each week. Places must be booked in advance.

Computers for Beginners Course

12:00pm - 2:00pm

FRIDAY

Harts & Crafts Group

10:30am - 12:30pm (Fortnightly)

Health & Wellbeing Group

12:00pm - 1:00pm

A weekly weigh-in for those who wish to keep track of their weight.

SATURDAY & SUNDAY

Closed until further notice.



LATE NIGHT OPENING

Every Monday and Wednesday, 5pm until 9pm

MONDAY EVENING

Singing Group 5:00pm - 6:00pm

Monthly Takeaway Evenings
6:00pm onwards.

WEDNESDAY EVENING

What's on Your Plate?

5:00pm - 6:00pm

Group discussions about the issues and ambitions that might be affecting your life right now. Fortnightly group sessions to help you identify any issues and goals.

Quiz and Snacks Evenings

5:00pm onwards

Fortnightly quizzes on a variety of different subjects, with a small cash or sweet treat prize!

Learn Direct Drop-In Session

6:00pm - 8:00pm

A variety of online courses for you to complete in your own time, with help from a staff member if needed.

COMING SOON & AVAILABLE ON REQUEST:

One-to-One Anger Management Sessions, Resilience Training, Conflict Resolution, Confidence Building and Emotional Wellbeing.

FREE COUNSELLING SERVICE

For 18 years old and over

Most of us have times in our lives when things are difficult. Counselling can help you explore your troubles & feelings, perhaps helping you to see things more clearly or from a different perspective.

MONDAY

Angela Aldis, Qualified Counsellor
5:00pm - 9:00pm

WEDNESDAY

Tracy Fletcher, Qualified Counsellor
5:00pm - 9:00pm

THURSDAY

Ed Hewitt-Symonds, Trainee Counsellor
10:30am - 2:30pm

FRIDAY

Melissa Croxon, Qualified Counsellor
11:00am - 2:00pm

Ponithafren's Counselling Service is only available by appointment. If you would like to speak to someone in confidence, to find out more or to book an initial appointment, please call 01938 552770 or email: welshpooladmin@ponithafren.org.uk

For more information please contact 01938 552770.

Welshpool Resource Centre, The Enterprise Centre, 42 Broad Street, Welshpool, Powys SY21 7RR

www.ponithafren.org.uk

This poster is also available in other formats, such as large print. If you would like a copy of this in another format please contact us. Phone (via Text Relay): 18001 01938 552770, this will enable someone who is deaf to call up and have the info translated

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